

HARVEST OF THE MONTH PRESENTS...



HARVEST HEROES!



MAY 2008

GRADES 3-5

This month's heroes...



**THE
STUNNING
STRAWBERRIES!**

This material was created and approved as an extension to the Harvest of the Month tool kit developed by the Network For a Healthy California.

LEARN MORE INSIDE!



THIS MATERIAL WAS FUNDED BY USDA'S FOOD STAMP PROGRAM THROUGH THE CALIFORNIA DEPARTMENT OF PUBLIC HEALTH, NETWORK FOR A HEALTHY CALIFORNIA. THESE INSTITUTIONS ARE EQUAL OPPORTUNITY PROVIDERS AND EMPLOYERS. THE FOOD STAMP PROGRAM PROVIDES NUTRITION ASSISTANCE TO PEOPLE WITH LOW INCOME. IT CAN HELP BUY NUTRITIOUS FOODS FOR A BETTER DIET. FOR INFORMATION ON THE FOOD STAMP PROGRAM, CALL (323) 727-4542. CONTRACT # 06-55103.



TABLE OF CONTENTS

EVALUATION

& TIME LOG...

- EVALUATION PAGE 1
 - TIME LOG & INSTRUCTIONS PAGE 2-4
- FUNDING OF THIS PROGRAM REQUIRES BOTH TYPES OF DOCUMENTATION...
THANK YOU!!!

WHO ARE THESE GUYS?!!

- TOP SECRET INFO. PAGE 5-6
 - WHO IS THIS HERO?
 - A LITTLE HISTORY...
 - WHEN ARE STRAWBERRIES "IN SEASON"?
 - DID YOU ALSO KNOW?
 - STRAWBERRY POWERS

ACTIVITIES.

- CALIFORNIA CONTENT STANDARDS PAGE 7
- WHAT DO YOU KNOW ABOUT STRAWBERRIES? (KWL CHART) PAGE 8
- CIRCLE MAP® PAGE 9
- DOUBLE BUBBLE MAP®: VITAMINS & MINERALS. PAGE 10
- STRAWBERRY POWERS: TREE MAP® PAGE 11-14
- STRAWBERRY POWERS: WHAT THEY DO. (IMAGES FOR THE STRAWBERRY POWERS: TREE MAP® ACTIVITY) PAGE 15-16
- HOW TO PICK SOME STUNNING ONES. + BUBBLE MAP® ACTIVITY PAGE 17-18
- FILL IN THE PYRAMID. PAGE 19
- FOCUS ON FRUITS! PAGE 20

EXPERIENCE THE TASTE...

- USE YOUR SENSES. + SAMPLE + BUBBLE MAP® ACTIVITY PAGE 21-24
- CHART THE RESULTS. PAGE 25
- RATE THE TASTE. PAGE 26
- 2 ZIPPY RECIPES FOR STRAWBERRY SMOOTHIES + FLOW MAP® ACTIVITY PAGE 27-29
- PARENT NEWSLETTERS (ENGLISH & SPANISH) PAGE 30-31



EAT YOUR BOOKS!

CHECK OUR YOUR LIBRARY'S RACK FOR "THE BERRY BOOK." THERE YOU WILL ALSO FIND THE BOOK AND LESSON FOR "THE FIRST STRAWBERRIES."



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EVALUATION

Date: _____ # Students: _____ School: _____

Teacher Name (First & last): _____ Grade: _____

1. Which of the Tool Kit materials/activities were most useful? (Mark all that apply.):

- | | | |
|--|---|---|
| <input type="checkbox"/> Top Secret Info. | <input type="checkbox"/> What Do You Know? (KWL) | <input type="checkbox"/> Circle Map® |
| <input type="checkbox"/> Double Bubble Map®: Vitamins & Minerals | <input type="checkbox"/> Strawberry Powers: Tree Map® | <input type="checkbox"/> How to Pick Some Stunning... |
| <input type="checkbox"/> Fill In The Pyramid | <input type="checkbox"/> Focus on Fruits! | <input type="checkbox"/> Use Your Senses Activities |
| <input type="checkbox"/> Chart the Results. | <input type="checkbox"/> Parent Newsletters | |
| <input type="checkbox"/> Zippy Recipes (please mark recipe(s) used): _____ | | |

2. Please note how much time was spent on this lesson: _____

3. Did you find the Kit easy to use? ☐ Yes ☐ No

Why or why not? _____

4. Do the Activities get easily integrated into your existing curriculum?

☐ Yes ☐ No If not, how would you suggest they be modified?

5. Please provide us with any feedback re: the taste test and produce supplied.

6. What changes in your classroom have you made/will you make after participating in this month's Harvest?

7. You might do activities outside of what's provided in the kits, or perhaps you piggy-back on some materials to suit your needs. Whatever it is, we would love to know what your creative ideas are! You might see your name on a future activity sheet!

DON'T FORGET!

Funding of this program requires 2 types of documentation:

1. EVALUATION

Submit this page to Nutrition Services, Attn: Cathy Kawakami by JUNE 2ND. Call x7966 with questions.

2. TIME LOG

Submit every month. The next one is also due JUNE 2ND.

THANK YOU!



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TOP SECRET INFO.

WHO IS THIS HERO?



- Over 600 different varieties of strawberries exist, each a little different in taste, texture and size. They all still have the distinctive red flesh, tiny yellow seeds covering the surface, and a small cap of green leaves.
- Over 70 varieties are produced commercially, but it's hard to say which actual variety(ies) you are eating.
- Long-stem strawberries aren't a different variety; they are extra-large strawberries with long, firm stems. They are more expensive than regular strawberries because they must be found in the strawberry field.
- Like other red-colored fruits, strawberries help promote healthy hearts, memory function, & a lower risk of some cancers.

A LITTLE HISTORY...

Strawberries have existed for 2,200 years. They grew wild in Italy in 234 B.C., where the first mention of strawberries occurred in the writings of Cato, a Roman Senator.

European explorers discovered strawberries in North America in 1588 when they landed in the area we know now as Virginia. The explorers found tiny, sweet, deep red, wild strawberries. Early settlers in Massachusetts enjoyed eating strawberries grown by American Indians who cultivated them as early as 1643.

By the middle of the 1800s many regions of the United States were cultivating strawberries. Strawberries have been grown in California since the early 1900s.

WHEN ARE THEY "IN SEASON"?

One of the many joys experienced during the spring time is the sweet succulence of a fresh strawberry. Harvesting begins in Southern California in February and moves north as the season progresses. Peak season is between April and June when all of the growing districts are in full production. However, you will see strawberries available in the late summer and early fall, since a good portion of the California crop is harvested after June 1st.

Berries are one of the most perishable fruits, and cannot be stored in controlled-atmosphere chambers to delay ripening. Now is the time of year to enjoy fresh, California-grown strawberries!

DID YOU ALSO KNOW?



- Flavor is influenced by growing conditions (i.e., weather), stage of ripeness when harvested, and the variety. Size is not a factor in determining flavor.
- The strawberry plant has seeds on the outside skin rather than having an outer skin around the seed, as most berries do. They do not however, normally reproduce by seeds. When the fruit is developing, the plant sends out slender growths called runners, also called clones, that look like strings. They grow on the ground and send out roots in the soil. The roots produce new plants which grow and bear fruit.



STRAWBERRY POWERS



As if you needed any extra motivation to eat strawberries... Not only are they sweet enough to be dessert, they provide some *stunning* nutritional benefits as well! (One cup is equal to about 8 large berries.)

VITAMIN C!

- Helps Fight infection, heal cuts, and prevent bruising.
- Necessary For the production of collagen, the connective tissue that supports bone, muscle and other tissues in the body.
- Serving as an antioxidant, Vitamin C may help lower risk of heart disease and cancer by protecting your cells against the effects of free radicals. Free radicals (disease-causing cells) can damage healthy cells, playing a possible role in heart disease, cancer and other diseases.
- 1 cup of strawberries supplies students with 86 mg — over 100% of the Dietary Reference Intakes (DRIs)!

Folate!

- Also referred to as "Folic acid," this B vitamin, has shown to play an important role in helping prevent birth defects.
- It also helps to make healthy new cells by manufacturing the DNA required for the rapid growth and turnover of cells.
- May help lower risk of heart disease and cancer.
- 1 cup of strawberries provides 35 µg (micrograms) of Folate. Children aged 4-13 years require 200-300 µg per day (12-18% of the DRI). For non-pregnant individuals 14+ this amount of Folate represents 9% of the DRI since the requirement is 400 µg per day.

PHYTOCHEMICALS!

- Pronounced "Fight-o-chemicals," these non-nutritive substances are produced by plants to help protect themselves from insects and other pests.
- The good news is these beneficial substances not only protect plants, they also protect humans. Phytochemicals may strengthen your body against diseases like cancer and heart disease!

POTASSIUM!

- This mineral is necessary for your nerves to surge, muscles to contract, and the heart and kidneys to function properly.
- Potassium also helps our bodies to regulate blood pressure.
- 1 cup of strawberries has a good amount of potassium — 252 mg to be exact. To put this into perspective, 1 medium banana has 467 mg, and 1 medium orange has 249 mg. The DRIs suggest children aged 4-18 consume between 3,800 and 4,700 mg per day.

FIBER!

- Helps keep energy levels steady.
- Lends a mighty hand to your intestines to prevent constipation.
- May also lower cholesterol levels.
- 1 cup of strawberries provide about 3.5 grams of fiber. The DRIs recommend children aged 4-18 consume 25-38 grams daily.

EXTENSIONS: 1.) Utilizing the Strawberry Powers: Tree Map® activity provided, students can help illustrate how strawberries promote wellness.
2.) Check out the enclosed Double Bubble Map® to learn about the differences between a vitamin and a mineral.



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CALIFORNIA CONTENT STANDARDS.

ACTIVITY

CONTENT STANDARDS

	grade 3	grade 4	grade 5
What Do You Know About Strawberries? (KWL Chart)	• Reading Comp 2.2, 2.3, 2.4	• Reading Comp 2.3, 2.4	• Reading Comp 2.3, 2.4
Circle Map®	• Reading Comp 2.5 • Writing Strategies 1.3	• Reading Comp 2.2, 2.3, 2.4, 2.5 • Writing Strategies 1.1, 1.3	• Reading Comp 2.3, 2.4, 2.5
Double Bubble Map®: Vitamins & Minerals.	• Reading Comp 2.5	• Reading Comp 2.1, 2.5	• Reading Comp 2.1
Strawberry Powers: Tree Map®	• Reading Comp 2.5	• Reading Comp 2.2, 2.3, 2.4, 2.5	• Reading Comp 2.3, 2.4, 2.5
How to Pick Some Stunning Ones + Bubble Map®	• Reading Comp 2.5	• Reading Comp 2.1, 2.5	• Reading Comp 2.1
Fill in the Pyramid.	• Reading Comp 2.2, 2.3, 2.4	• Reading Comp 2.5	• Reading Comp 2.3
Focus on Fruits!	• Reading Comp 2.2, 2.3	• Reading Comp 2.2, 2.5	• Reading Comp 2.3, 2.4,
Use Your Senses + Bubble Map®	• Writing Applications 2.2	• Writing Applications 2.1	• Reading Comp 2.3, 2.4, 2.5
Chart The Results.	• Statistics, Data Analysis, and Probability 1.3	• Data Analysis, and Probability 1.1, 1.3	• Data Analysis, and Probability 1.2 • Mathematical Reasoning 1.1, 2.1
Zippy Recipes Flow Map®	• Reading Comp 2.3, 2.7	• Reading Comp 2.3, 2.4	• Reading Comp 2.2

THE STUNNING STRAWBERRIES!

WHAT DO YOU KNOW ABOUT STRAWBERRIES?

K

What do you already KNOW?

W

What do you WANT to know?

L

What did you LEARN?



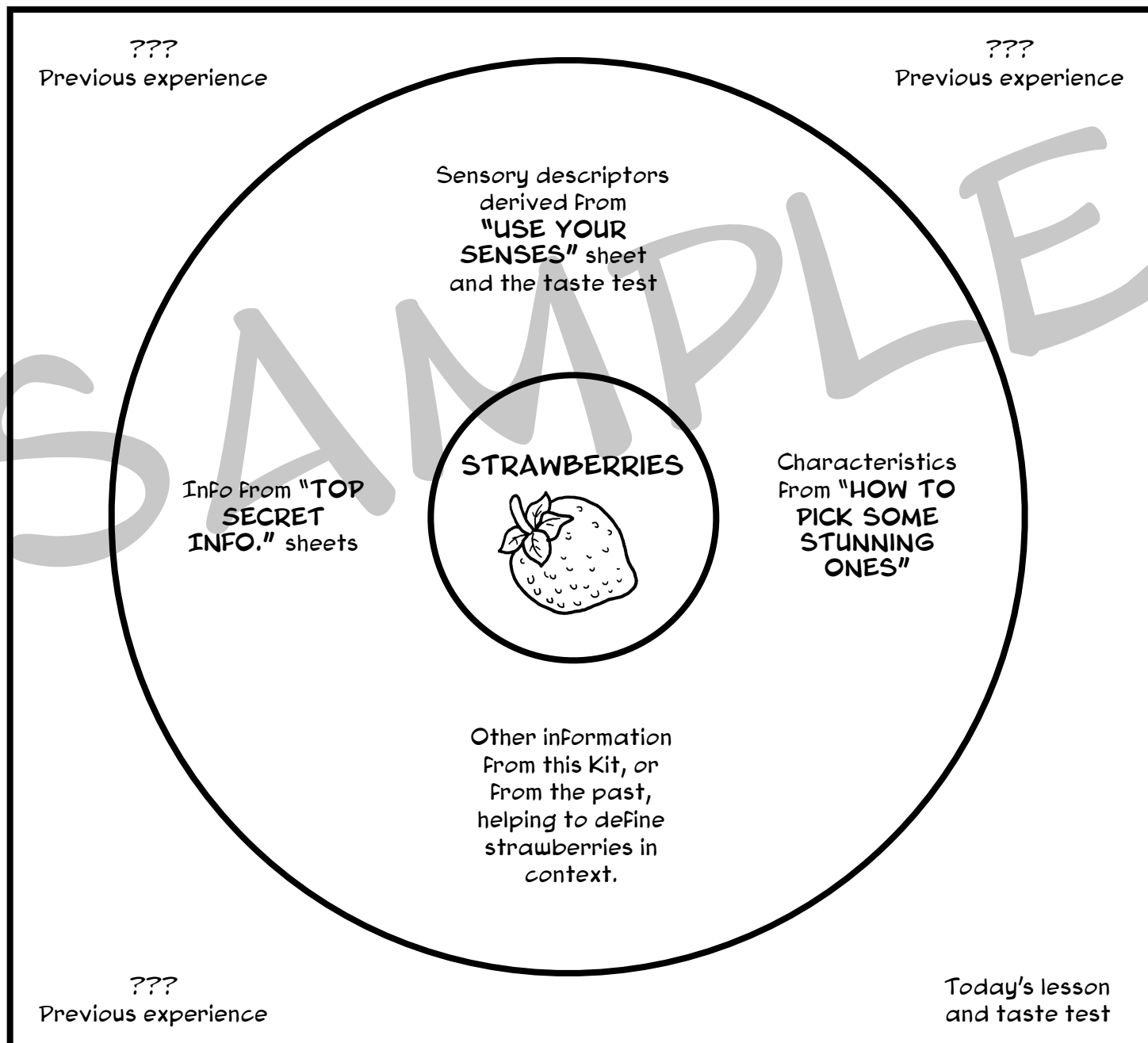
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THE STUNNING STRAWBERRIES!

CIRCLE MAP®

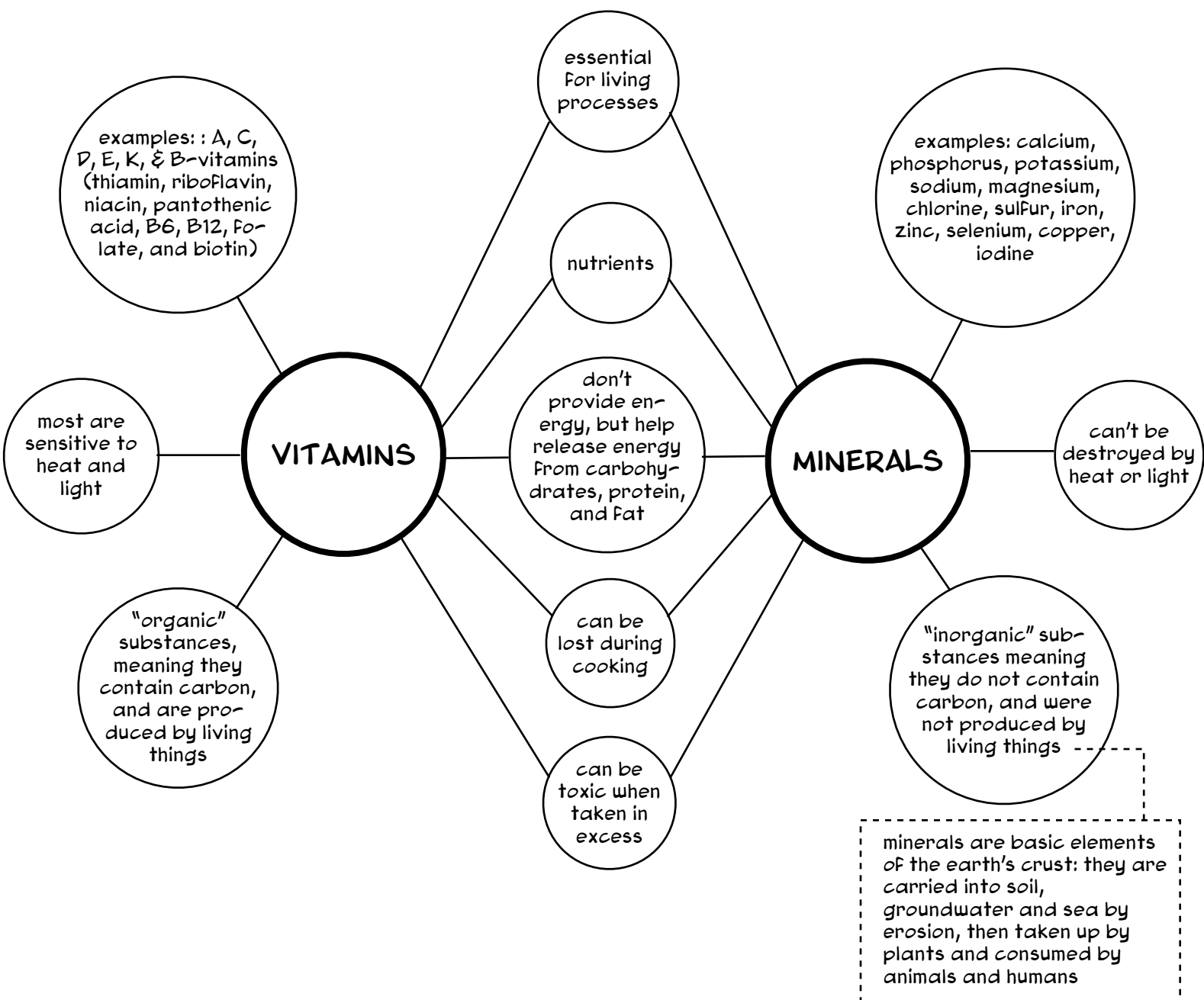
Possible ideas to include in the formation of a Circle Map® about strawberries. The examples provided are obviously not exhaustive and are given to help illustrate and define strawberries...



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DOUBLE BUBBLE MAP®: VITAMINS & MINERALS.



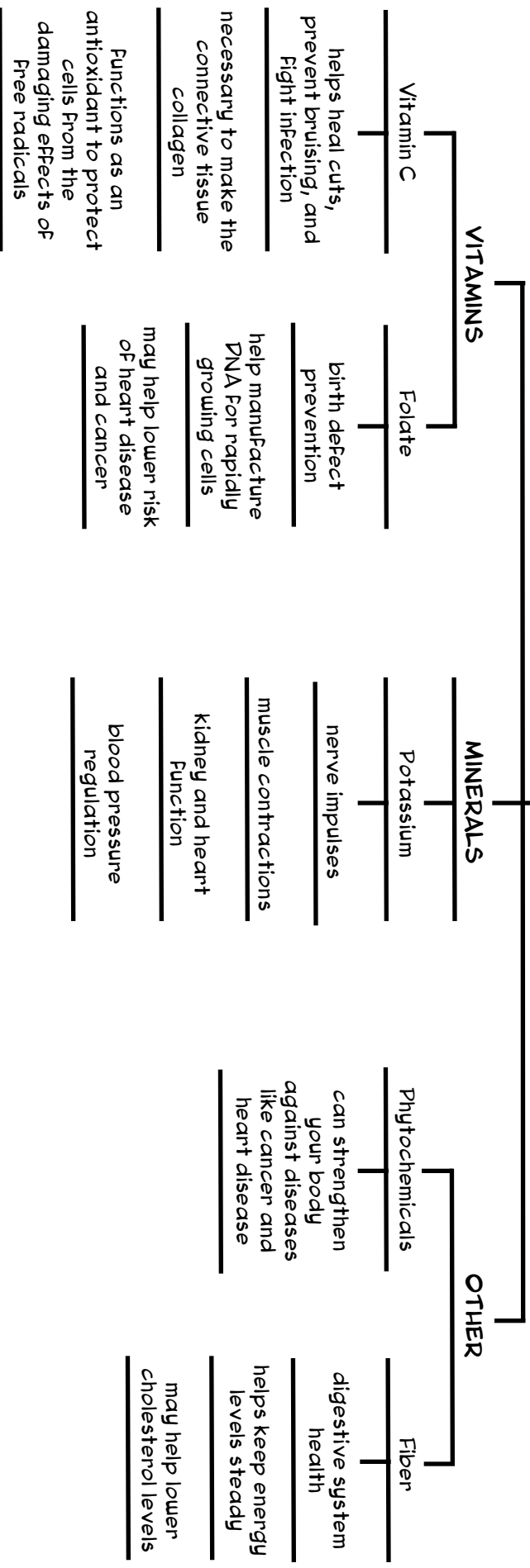
THE STUNNING STRAWBERRIES!

KEY

STRAWBERRY POWERS: TREE MAP®

Those trained in Thinking Maps® can use the "Strawberry Powers" from the "Top Secret Info." sheets to help create a Tree Map® based on the powers of the "Stunning Strawberries". Underneath each nutritional power, students can either 1.) write what it does, 2.) draw a picture of what it does, or 3.) cut and paste the relevant images from the adjacent "Strawberry Powers: What They Do" sheet. Grade-appropriate samples are also provided.

STRAWBERRY POWERS & WHAT THEY DO.



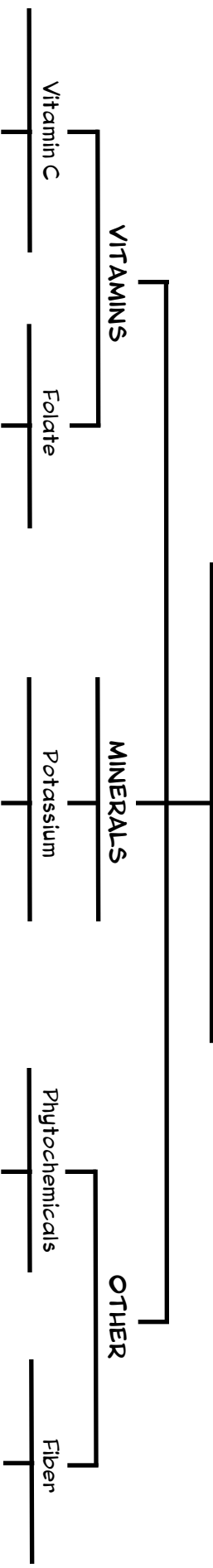
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THE STUNNING STRAWBERRIES!

STRAWBERRY POWERS: TREE MAP®

STRAWBERRY POWERS &
WHAT THEY DO.



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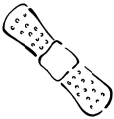
STRAWBERRY POWERS: TREE MAP®

STRAWBERRY POWERS & WHAT THEY DO.

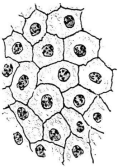
VITAMINS

Vitamin C

helps heal cuts,
prevent bruising, and
fight infection



necessary to make the
connective tissue
collagen



may help lower risk
of heart disease
and cancer



Folate

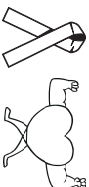
birth defect
prevention



helps to make
healthy new cells



may help lower risk
of heart disease
and cancer



MINERALS

Potassium

nerve impulses



muscle contractions



kidney and heart
function



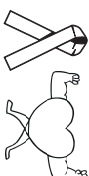
keeps blood
pressure levels
normal



OTHER

Phytochemicals

may help lower risk
of heart disease
and cancer



Fiber

digestive system
health



helps keep energy
levels steady



may help lower
cholesterol levels

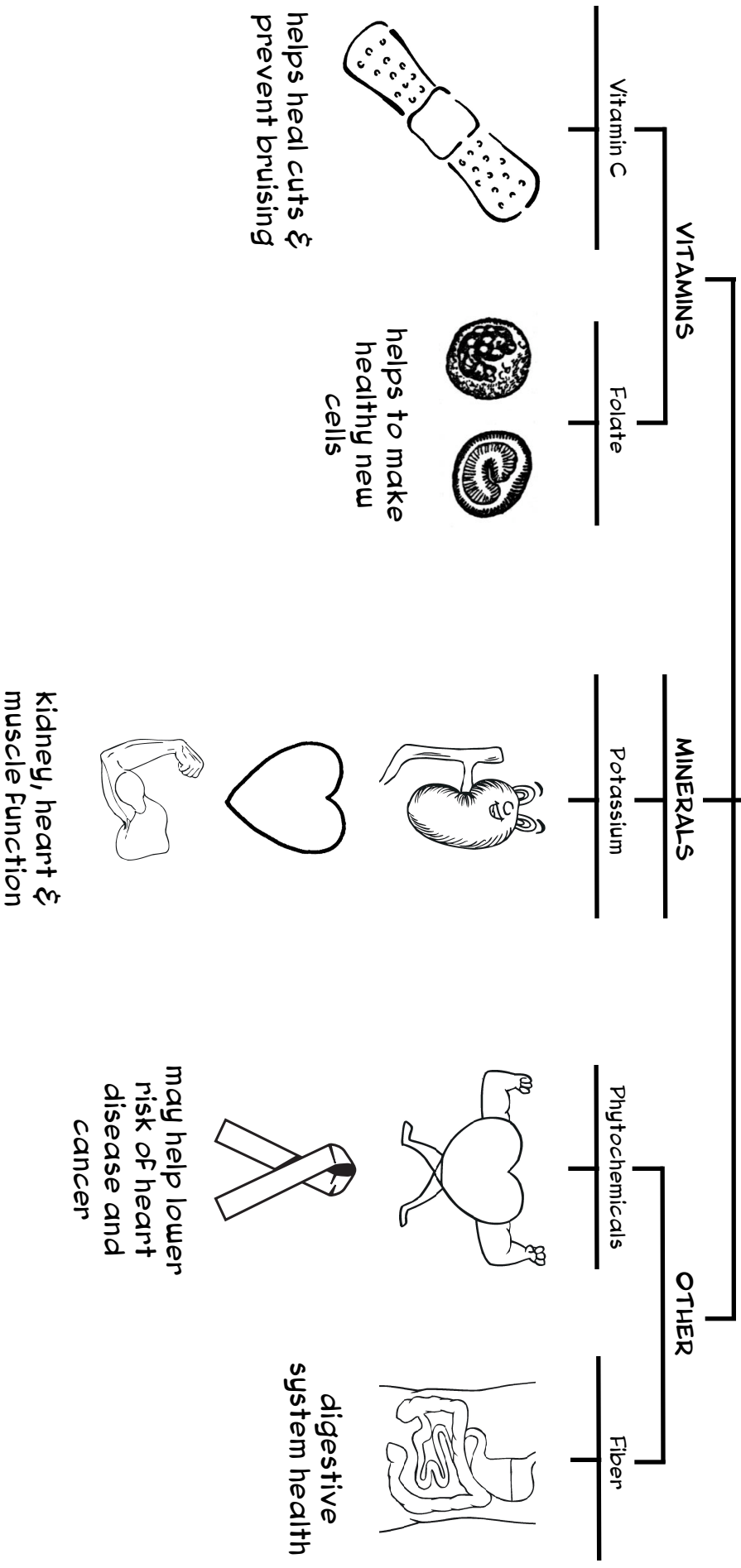


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STRAWBERRY POWERS: TREE MAP®

STRAWBERRY POWERS & WHAT THEY DO.



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WHAT STRAWBERRY POWERS DO.

Do you know that strawberries help your body with ALL of the following? But what are the **POWERS** that make these things happen? They are mixture of vitamins, minerals, and a few other things. To be specific, these powers include vitamin C, folate, potassium, phytochemicals, and fiber.

Using the Tree Map[®] provided, cut and paste the following under the correct power to help show how strawberries promote wellness. (The next page is a simpler and can be used for earlier grades).



helps to make healthy new cells



may help lower cholesterol levels



digestive system health



keeps blood pressure levels normal



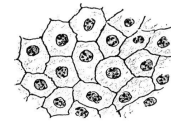
may help lower risk of heart disease and cancer



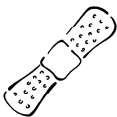
may help lower risk of heart disease and cancer



necessary to make the connective tissue collagen



helps heal cuts, prevent bruising, and fight infection



kidney and heart function



may help lower risk of heart disease and cancer



birth defect prevention



muscle contractions



nerve impulses



helps keep energy levels steady



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THE STUNNING STRAWBERRIES!

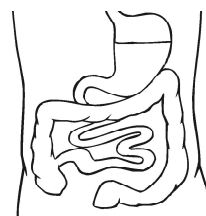
STRAWBERRY POWERS: WHAT THEY DO.

Strawberry powers include vitamin C, folate, potassium, phytochemicals, and fiber. But what roles do these powers play in our bodies?

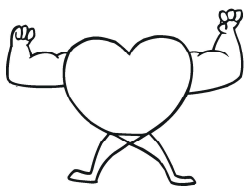
Using the Tree Map® provided, cut and paste the following under the correct power (vitamin C, folate, potassium, phytochemicals, and fiber) to help show how strawberries promote wellness.



helps to make
healthy new
cells



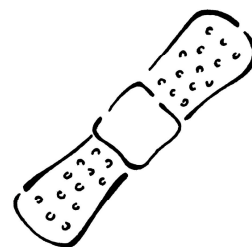
digestive
system health



may help lower
risk of heart
disease and
cancer



kidney, heart &
muscle function



helps heal cuts &
prevent bruising



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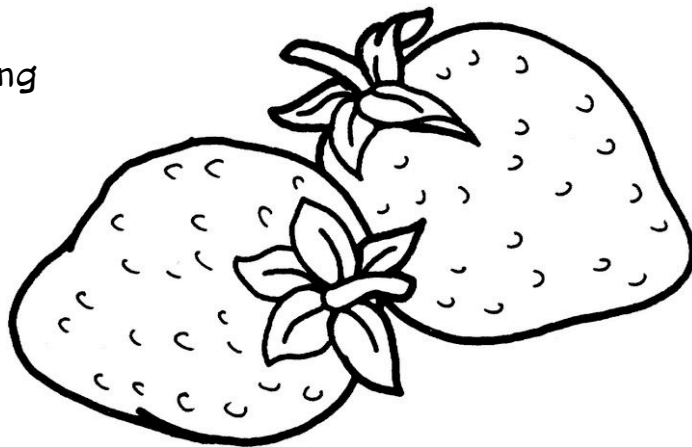


THE STUNNING STRAWBERRIES!

HOW TO PICK SOME STUNNING ONES.

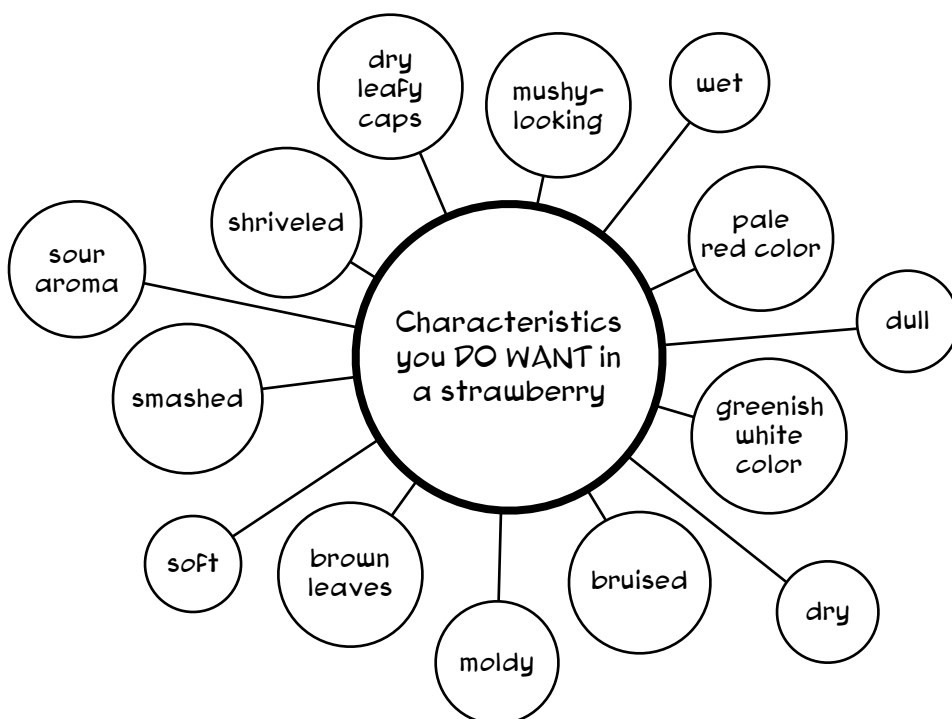
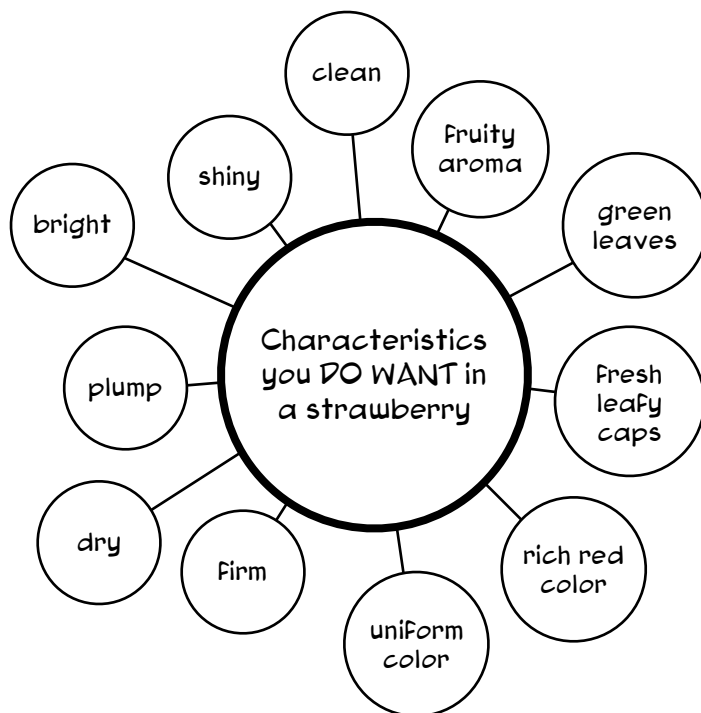
What are the characteristics you should look for when selecting strawberries at the market? Draw two Bubble Maps®: One labeled "Characteristics you DO WANT in a stunning strawberry," and the other labeled, "Characteristics you DON'T WANT in a stunning strawberry," Assign the descriptors below to the correct Bubble Map®

- plump
- dry
- firm
- uniform color
- rich red color
- pale red color
- greenish, white color
- fresh leafy caps
- green leaves
- brown leaves
- dry leafy caps
- soft
- mushy-looking
- bruised
- moldy
- smashed
- shiny
- dull
- clean
- Fruity aroma
- sour aroma
- bright
- wet
- shriveled



THE STUNNING STRAWBERRIES!

BUBBLE MAP®:
HOW TO PICK SOME
STUNNING ONES.



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THE STUNNING STRAWBERRIES!

FILL IN THE PYRAMID.

MyPyramid helps guide us in making healthful food choices every day. Every section represents one of the main 5 food groups: grains, vegetables, fruits, milk, and meat & beans. (See www.mypyramid.gov for more information.)

Which color stripes are widest? The different sizes remind you to choose more foods from the food groups with the widest stripes.

Generally speaking, kids need about 1 1/2 cups of fruit every day and 2 1/2 cups of vegetables.

Color and label the MyPyramid drawing. Then, list foods that belong in the fruit and vegetable groups.

Make sure you color your plate with all kinds of fruits and vegetables!

Note: Fats/oils not one of the food groups, and not found in the fruit group (with the exception of a couple fruits).

Grains, Vegetables, Fruits, Milk, Meat & Beans (Bottom label used to mention Oils and the importance of moderation)

Answers (left to right):

--	--	--	--	--	--



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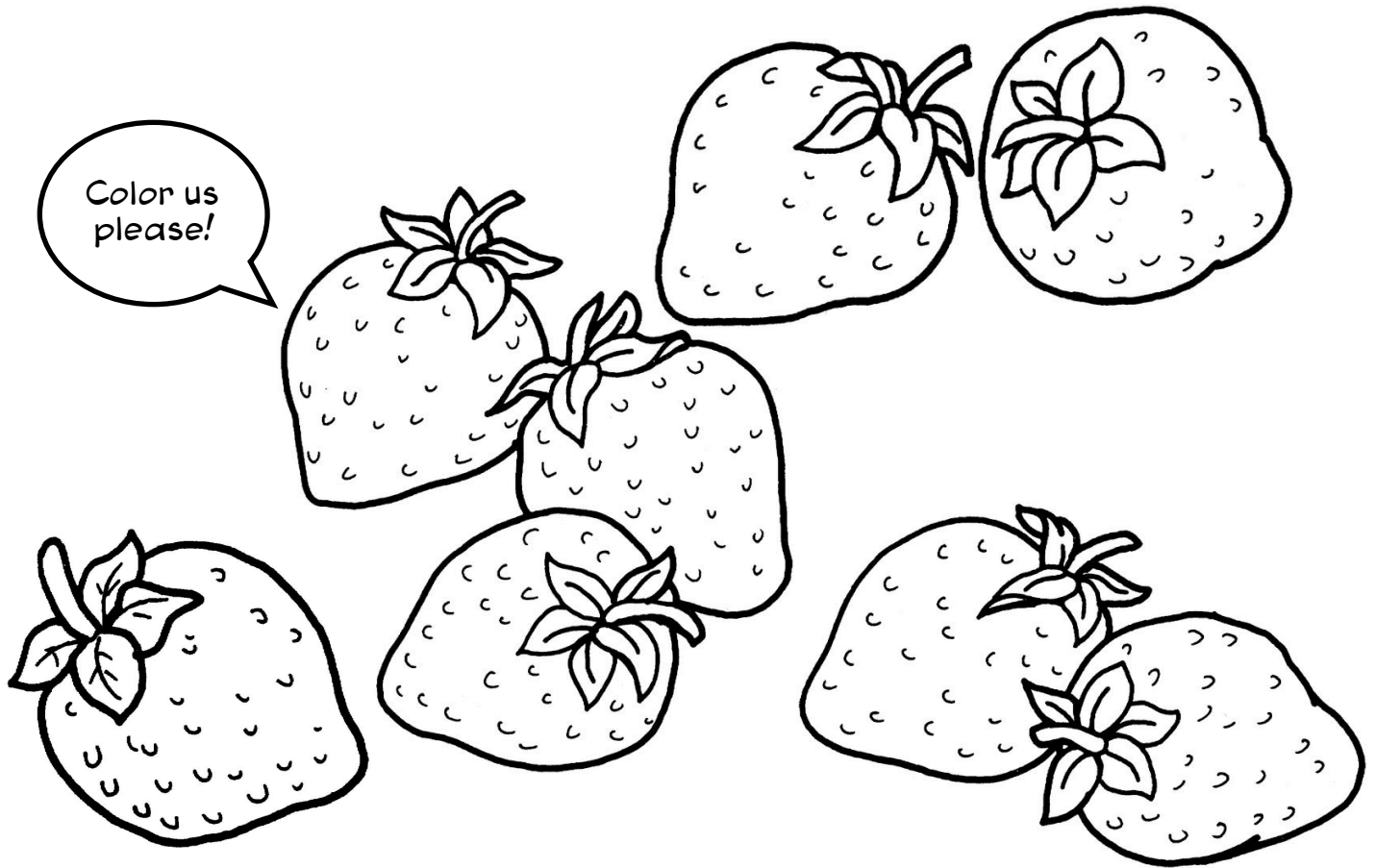
THE STUNNING STRAWBERRIES!

FOCUS ON FRUITS!

Each MyPyramid stripe has a message; the one for Fruits is "Focus on Fruits". Why do you think we should focus on fruits? Do you think it has anything to do with the unique nutritional powers they provide? (See the "strawberry powers" activities enclosed for more info.)

Strawberries are one of many excellent ways to focus on fruits. One cup is equal to about 8 large strawberries. (Children require about 1 ½ cups of fruit every day.) Eating strawberries can help you reach your recommended amount of fruit during the spring and summer seasons! What are some other ways you like to focus on fruits?!!

Color us please!



8 large strawberries = 1 cup of fruit



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THE STUNNING STRAWBERRIES!

USE YOUR SENSES

STRAWBERRIES

LONG-STEMMED STRAWBERRIES

	Color		
	Size		
	Shape		
	Other		
	Sound		
	Texture		
	Taste	TASTE: TEXTURE:	TASTE: TEXTURE:
	Smell		



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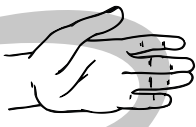




THE STUNNING STRAWBERRIES!

USE YOUR SENSES

STRAWBERRIES

LONG-STEMMED STRAWBERRIES

	Color	red to dark red	same
	Size	approx. 2" depending on the berry	larger than the regular strawberries
	Shape	can be round, cone, heart-shaped, or even square depending on the berry	same
	Other	shiny, seedy	same, but have a long stem still attached
	Sound	a soft squish when bitten; juicy	same
	Texture	slick, yet slightly bumpy skin; soft, yields to gentle pressure	same
	Taste	TASTE: sweet, sometimes tart/sour TEXTURE: soft, seedy, gritty, moist, succulent (juicy)	same
	Smell	Fruity, sweet, aromatic	same

EXTENSIONS: 1.) Utilize the Following Bubble Map® activity provided to graphically organize the sensory attributes of strawberries.

2.) Check out the enclosed "How To Pick Some Stunning Ones" activity to learn about characteristics to observe for proper selection.

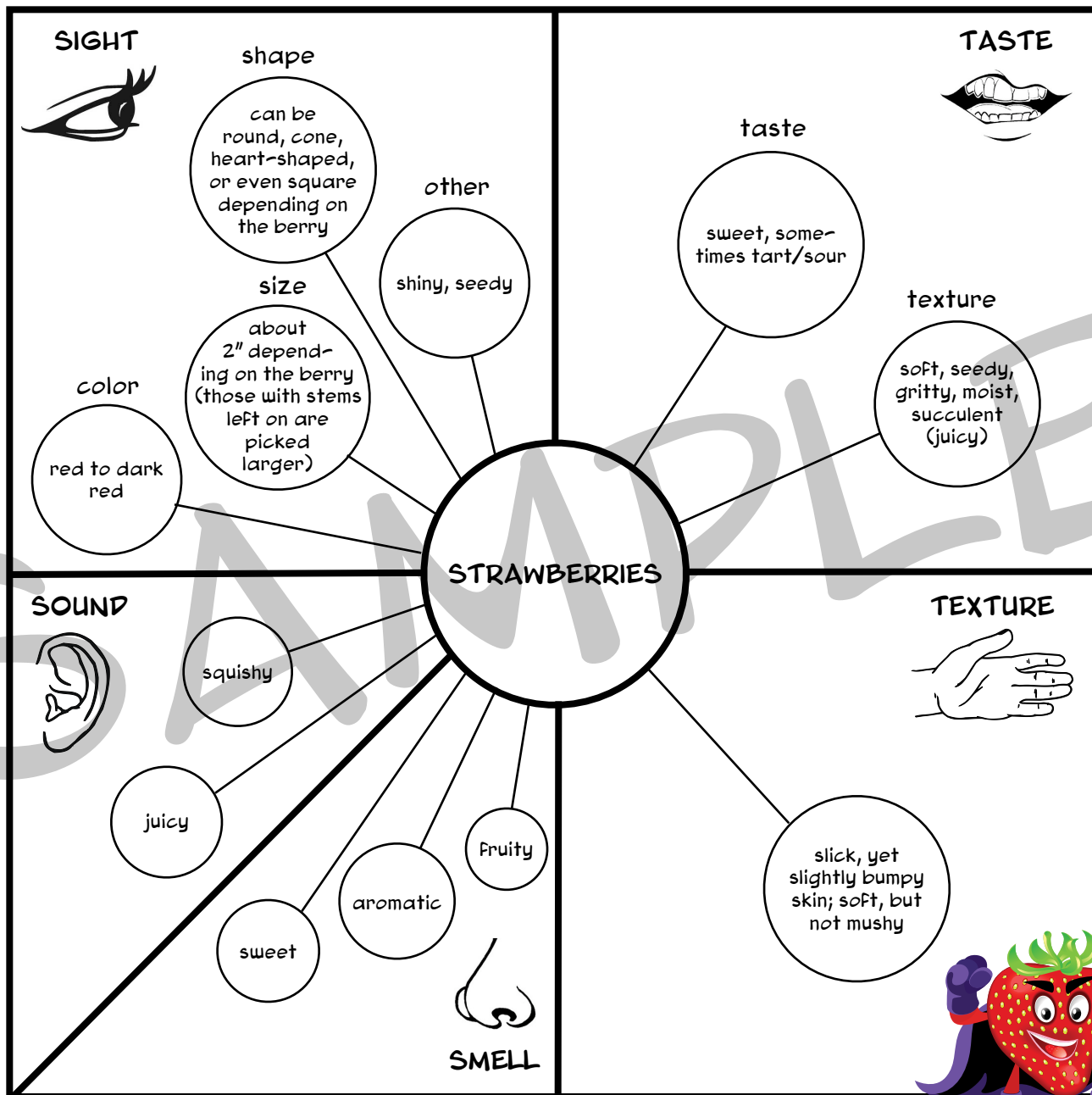


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THE STUNNING STRAWBERRIES!

**BUBBLE MAP®:
USE YOUR
SENSES.**



EXTENSION: Use the adjectives written to construct sentences describing strawberries using similes or metaphors.

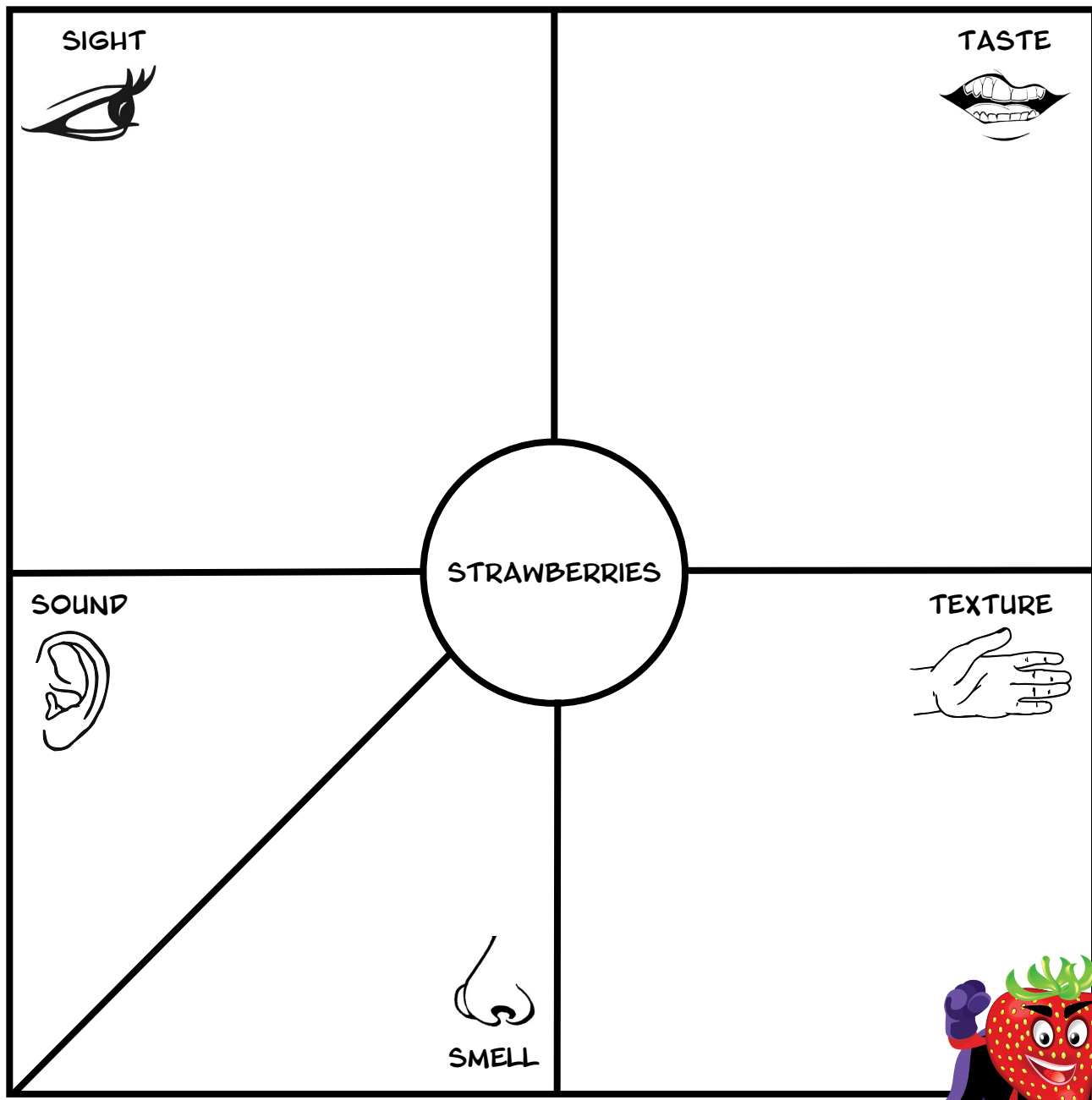


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THE STUNNING STRAWBERRIES!

BUBBLE MAP®:
USE YOUR
SENSES.



EXTENSION: Use the adjectives written to construct sentences describing strawberries using similes or metaphors.



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THE
STUNNING
STRAWBERRIES!

CHART
THE RESULTS.

Draw a bar graph which shows the results of which strawberry was most popular in your class.

_____ Class
Strawberry Taste Test Results

Number of students saying it was their favorite

regular strawberries

long-stem strawberries



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**THE
STUNNING
STRAWBERRIES!**

**RATE THE
TASTE.**




DATE: _____

SCHOOL: _____

GRADE: _____

TEACHER NAME: _____

CIRCLE ONE:

VERY GOOD	OK	NOT GOOD
		

CHECK ONE:

WOULD YOU EAT
THESE AGAIN?

☐ YES

☐ NO

COMMENTS: _____



**THE
STUNNING
STRAWBERRIES!**

**RATE THE
TASTE.**




DATE: _____

SCHOOL: _____

GRADE: _____

TEACHER NAME: _____

CIRCLE ONE:

VERY GOOD	OK	NOT GOOD
		

CHECK ONE:

WOULD YOU EAT
THESE AGAIN?

☐ YES

☐ NO

COMMENTS: _____

THE STUNNING STRAWBERRIES!

2 ZIPPY RECIPES: STRAWBERRY SMOOTHIES

"STRAWBERRY SHAKE IT UP!"

Serves: 2-4 in small cups

Materials

blender
measuring cup
measuring cup for liquids
small cups for serving
paper towels/napkins
tablecloth

Ingredients

ice
strawberries
bananas
orange juice

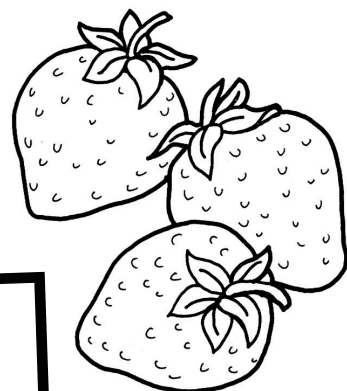
Directions

- Combine the ingredients into the blender: 1 cup of ice, 1 cup of strawberries, 1 banana, 6 oz. of orange juice.
- Blend until smooth
- Pour and enjoy!

Adapted From LA Collaborative website, HOTM educational resources for strawberries,
"Rebus (Pictorial) Recipes"

EXTENSIONS: Utilize the enclosed pictorial recipes provided and create a Flow Map® to sequence the steps needed to make these two different smoothies.

What makes the recipes different? Compare and contrast them through the use of a Double Bubble Map® or Venn Diagram.



"SPRING SMOOTHIE"

Serves: class of 32 in small cups

Materials

blender
small cups for serving
pitcher or cup to pour out
smoothie
paper towels/napkins
tablecloth

Ingredients

3 (8 oz.) containers low-fat yogurt
2 (12 oz.) packages of frozen strawberries, partially thawed
1 ½ cups 100% orange juice

Directions

- Combine half of the ingredients in a blender to make the first batch. Blend 15 to 20 seconds or until smooth.
- Repeat previous step for second batch.
- Pour and enjoy!

Source: Monrovia USD - Network for a Healthy California; adapted from Discover the Secrets of Healthy Living, Public Health Institute, 2001



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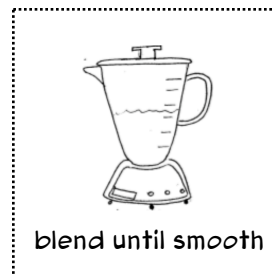
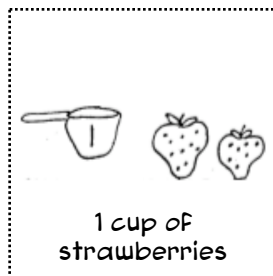
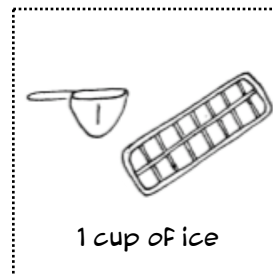
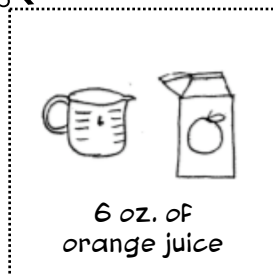
THE STUNNING STRAWBERRIES!

FLOW MAP®: STRAWBERRY SHAKE IT UP!

Using the enclosed recipe for "Strawberry Shake It Up!," cut and paste the following steps in the correct sequence to create a Flow Map® of how this smoothie is made.

Two more steps are needed to make this recipe. What are they? (Hint: they come at the beginning and the end of any recipe.)

Answer: 1.) Wash you hands, and 2.) Clean up afterwards!



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THE STUNNING STRAWBERRIES!

FLOW MAP®: SPRING SMOOTHIE

Using the enclosed recipe for "Spring Smoothie," cut and paste the following steps in the correct sequence to create a Flow Map® of how this smoothie is made.

Two more steps are needed to make this recipe. What are they? (Hint: they come at the beginning and the end of any recipe.)

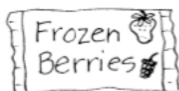
Answer: 1.) Wash you hands, and 2.) Clean up afterwards!



1 ½ cups of
orange juice



pour and enjoy!



2 (12 oz.) packages
of frozen
strawberries



blend until smooth



add half of
ingredients to
blender



repeat previous
steps for
second batch



3 (8 oz.)
containers of
low-fat yogurt



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Harvest of the Month[®]

May

Health and Learning Success Go Hand-in-Hand

May is a great time in California to try new fruits and vegetables and be active outdoors. Studies show that proper nutrition and regular physical activity can improve a child's mood, memory and classroom behavior — even test performance. With **Harvest of the Month**, your family can explore, taste and learn about the importance of eating fruits and vegetables and being active every day.

The **Harvest of the Month** featured fruit is

strawberries



Produce Tips

- Strawberries are picked at their peak of freshness. They do not ripen after harvesting. So make sure to pick ones that are bright red, have a natural shine and green caps that look fresh.
- Store unwashed strawberries in the refrigerator to keep them fresh.
- Before serving, use cool water to gently wash strawberries with the green caps still attached.
- For best flavor, allow strawberries to reach room temperature before serving.

BANANA BERRY PANCAKES

Ingredients:

(Makes 4 servings at 2 pancakes each)

1 large banana, peeled and sliced

1 cup complete pancake mix

½ cup water

Nonstick cooking spray

Topping:

1½ cups frozen or fresh

strawberries

2 tablespoons strawberry jam

1. Place banana in a medium bowl and mash with a fork. Add pancake mix and water; stir until blended.
2. Spray large skillet with cooking spray over medium heat. Pour ¼ cup batter for each pancake into hot skillet.
3. Cook pancakes for 2 minutes on each side or until cooked through.
4. While pancakes are cooking, combine berries and jam in small bowl. Microwave on high for 1 minute. Stir and then cook for 1 minute more.
5. Spoon topping over pancakes. Serve.

Adapted from: *Discover the Secret to Healthy Living*, Public Health Institute, 2004.

Let's Get Physical!

- May is National Physical Fitness and Sports Month. Find out what your child's favorite activity and/or sport is and then do it together.
- Ride Your Bike to Work Day also takes place in May. Make arrangements for you and your child to ride bikes to work and school.

For more information, visit:

www.californiabikecommute.com

Nutrition Facts

Serving Size: 1 cup, halves
(152g)

Amount per Serving

Calories 49 Calories from Fat 4

% Daily Value

Total Fat 0g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 2mg **0%**

Total Carbohydrate 12g **4%**

Dietary Fiber 3g **12%**

Sugars 7g

Protein 1g

Vitamin A 0% Calcium 2%

Vitamin C 149% Iron 3%

Source: www.nutritiondata.com

Healthy Help

- Keep fruits and vegetables visible and easily accessible. For example, keep produce on the counter or at your child's eye level in the refrigerator.
- Add fresh fruits and vegetables to foods your child already eats — berries to yogurt and cereals, vegetables to pasta and pizza, and tomatoes to sandwiches.
- Instead of ice cream, keep bags of frozen fruit in the freezer for a refreshing snack.
- Help your child's school create a healthy environment. Send healthy snacks for class parties.

Helping Your Kids Eat Healthy

- Slice strawberries into high fiber cereal and calcium-rich lowfat yogurt.
- Blend frozen strawberries with ice and orange juice (or lowfat yogurt) to make a quick and tasty smoothie.
- Toss strawberries in a salad.
- Strawberries are a tasty snack all by themselves. Just wash them, remove the stem and enjoy.

For more ideas, visit:

www.cachampionsforchange.net

www.calstrawberry.com





La Cosecha del Mes

mayo

La salud y el éxito en el aprendizaje van mano a mano

En California, el mes de mayo ofrece oportunidades para probar nuevas frutas y vegetales y estar activos afuera. Las investigaciones demuestran que la buena nutrición y la actividad física regular pueden mejorar la memoria, la conducta y el rendimiento de su hijo en la escuela y en los exámenes. Con **La Cosecha del Mes**, su familia puede descubrir, disfrutar y aprender sobre la importancia de comer frutas y vegetales y de mantenerse activa diariamente.

En mayo, **la fresa** es la fruta de **La Cosecha del Mes**.



Consejos saludables

- Tenga frutas y vegetales al alcance de su hijo, ya sea en la mesa de la cocina o en el refrigerador.
- Póngale frutas y vegetales frescos a los platillos que su hijo ya disfruta — fresas al yogur y al cereal, vegetales a la pizza y pasta, y tomates a los sándwiches.
- En lugar de helado, guarde bolsitas con fruta congelada en el refrigerador para un bocadillo refrescante.
- Ayude a la escuela de su hijo a crear un ambiente saludable. Mande bocadillos saludables para las fiestas del salón.

HOT CAKES DE PLATANO Y FRESAS

Ingredientes:

(para 4 porciones de 2 hot cakes cada una)

1 plátano grande

1 taza de Harina Preparada para Hot Cakes

1/2 taza de agua

Rociador de aceite (cooking spray)
Acompañamiento:

1 1/2 tazas de fresas congeladas o frescas

2 cdas. de mermelada de fresa

1. Machaque el plátano. Añada la harina preparada de hot cakes y el agua; revuelva hasta que esté bien mezclado.
2. Rocíe el aceite en una sartén grande y caliente a fuego medio. Por cada hot cake, use 1/4 taza de mezcla.
3. Cocine cada lado por 2 minutos o hasta que estén doraditos.
4. Mientras se cocinan, mezcle las fresas y la mermelada en un recipiente para microondas y cocine por 1 minuto en alta potencia. Revuelva y cocine por 1 minuto más. Sirva sobre los hot cakes.

Fuente: *Discover the Secret to Healthy Living*, Instituto de Salud Pública, 2004.

¡En sus marcas, listos...!

- En mayo se celebra el Mes Nacional de la Educación Física y Deportes. Pregúntele a su hijo cuál actividad física o deporte es su favorito y jueguenlo juntos.
- También se celebra en mayo el Día de Montar Bicicleta al Trabajo. Haga planes para que usted y su hijo monten bicicleta al trabajo y la escuela. Para más ideas, visite:*

www.californiabikecommute.com

Información Nutricional

Porción: 1 taza, en mitades (152g)

Cantidad por Porción

Calorías 49 Calorías de Grasa 4

% Valor Diario

Grasas 0g **1%**

Grasa Saturada 0g **0%**

Grasa Trans 0g

Colesterol 0mg **0%**

Sodio 2mg **0%**

Carbohidratos 12g **4%**

Fibra Dietética 3g **12%**

Azúcar 7g

Proteína 1g

Vitamina A 0% Calcio 2%

Vitamina C 149% Hierro 3%

Fuente: www.nutritiondata.com*

Consejos “frescos”

- Asegúrese de escoger fresas rojas, con un brillo natural y con tallitos verdes frescos, ya que las fresas no maduran después de cosecharlas.
- Almacene las fresas sin lavarlas en el refrigerador para que se mantengan frescas.
- Deje que las fresas alcancen la temperatura ambiental para un mejor sabor. Antes de servir, lávelas suavemente con agua fría sin cortar los tallitos.

Ayude a sus hijos a comer sano

- Rebane fresas y échelas al cereal (rico en fibra) o al yogur bajo en grasa (y rico en calcio).
 - Mezcle fresas congeladas con hielo y jugo de naranja (o yogur bajo en grasa) para un licuado rápido y sabroso.
 - Agregue fresas en la ensalada.
 - Las fresas son un delicioso bocadillo que no necesita aderezo. Sólo lávelas, corte el tallo y disfrútelas.
- Para más ideas, visite:*
- www.campeonesdelcambio.net**
www.calstrawberry.com

* Los sitios web sólo disponibles en inglés.

